

The Power of REVERENCE

A New Foundation for Meditation



MAGENTA



The Power
of
Reverence

TABLE OF CONTENTS

03.

About Magenta

04.

Foundations

05.

Develop an Organ of Perception

06.

Reverence is an Antidote to
Egotism

07.

Reverence is an Aid for Healing

09.

How Do We Practice Reverence?



ABOUT MAGENTA

Magenta is a school for personal development that teaches rigorous capacity-building practices for growth and impact.

We are Louisa Barnum and Rachel Hazlett-Karr, founders of Magenta. We help leaders and change-makers get into training for a high performance and purpose-driven life. Learn how to master your inner life and work with the invisible realms of relationships and culture.



VISIT

<https://magenta.fm>



PODCAST

Magenta FM



CONTACT

hello@magenta.fm

FOUNDATIONS

Here's a strange truth: reverence is the foundation for a healthy unfolding of inner development.

Are you surprised? You should be; this is not at all obvious, maybe because this statement can only be arrived at through experience, not through logic or intellect.

But that is the thing about the inner world: it cannot be grasped by the intellect alone. We are going to need an additional set of tools to explore it and gain some experiences upon which to build and grow.

So we're going to introduce to you some of those tools in the shape of concepts and practices you'll need to enter into and benefit from the specific healing magic of reverence.

Most people have come across reverence in the context of organized religion, but probably not in the particular context of healing and inner development. And most people don't think of reverence as a doorway into rigorous meditation.

But reverence calibrates your soul in the right way, preparing you for that inner quiet and concentration that allows the exercises of meditation to go further and deeper in you. Begin a daily meditation practice with reverence and you'll find your practice both more effective and more sustainable.

There are many reasons why reverence is such a powerful and medicinal feeling to cultivate, but let's cover some of the top ones:

1. Reverence helps you create an **organ of perception** in your soul. We'll explain what this means.
2. Reverence is an **antidote to egotism** and the consequences for your feeling life (non-cognitive feelings). We'll get into this too.
3. Reverence has **healing potentials**. We'll show you why.



1. DEVELOP AN ORGAN OF PERCEPTION

Let's look at the first reason why you should practice reverence: it helps you develop an organ of perception. What does this mean? Just as your eyes and ears are examples of your physical body's organs of perception, so can your soul also have organs of perception.

Such organs of perception in the soul are not ones of a physical nature but they instead belong to the particular anatomy of the soul: in your thinking, your feeling, and your will.

For example, if you develop an organ of perception in your thinking life, you are more able to think something through without avoidance, you have a more thoughtful and humble approach to truth which allows you to notice things you wouldn't otherwise see.

If you develop an organ of perception in your feeling, this is like an intuitive ability that can guide you through life with more sensitivity and accuracy than an undeveloped intuition can.

In your will, an organ of perception looks like a creative ability to find ways forward that are unusual, out of the box, and can really work in real life.

Another difference between organs of perception of the physical body and of the soul is that while you are given your physical organs as a birthright, your soul ones have to be deliberately cultivated and developed by you.

A practice of reverence sensitizes your soul because reverence opens your heart to other possibilities and other points of view not before considered or seen, and finer qualities and perceptions that you wouldn't otherwise be open to.

This is how you become able to more accurately navigate through all the noise and din out there in the world — and boy is it noisy out there — to find your right path, your right decision, your right orientation toward the analysis and conclusions that are so necessary for moving through the modern world.

Essentially, reverence helps grow a moral compass in you that can guide you through life's many dilemmas with greater courage and clarity.



2. REVERENCE IS AN ANTIDOTE TO EGOTISM

Reverence is an antidote to egotism. The symptoms and outcomes of egotism include: self-feeling, addictive thought-forms and beliefs, and compulsive/addictive behaviors. Egotism shuts you off from the world, and you are then able to spin all sorts of glamor around yourself that is made of lies, illusion, and self-deception. Because you can in that state.

The only path to the truth is when the world with all its innumerable beings and objects are able to speak to you of THEIR reality — and you are inwardly set up to be receptive to them.

Reverence builds the exact strength you need to be awake to egotism and its legion of temptations.

Reverence is strength training for a moral integrity and values that keeps you clear and focused on what matters, what is truly valuable, in a world that has lost its moral rudder. It helps you build a foundation upon which you can discern the truth from innumerable lies. You can hear the signal through all the noise.

Ours is a world wrapped up in lies upon lies, and the spinning of so much egotism that you may not know where to turn or what to believe anymore.

You look for facts, but increasingly they contradict each other as the web grows more impenetrable.

This is why reverence is the basis for a successful meditation practice, and for transformational inner development and healing work.

Without reverence, we will struggle to separate out the inessential from the essential, truth from illusion or lie, and thus remain entangled in our life's Gordian knots because we cannot rise above the noise and hear at last the signal of our higher self silently radiating a higher truth to us.

Strangely, reverence builds the forces within to fight back against egotistic tendencies and find your way toward freedom. What is freedom? It's the ability to be motivated solely by love.

Reverence creates a feeling that is like bliss but not of the same egotistical and self-feeling temptor that bliss can create. Bliss is fine, but to dwell in bliss, to seek it out without reverence as part of a practice creates a very subtle but real advance in the wrong direction for soul health.



3. REVERENCE IS AN AID FOR HEALING

Also, reverence supports healing. This is because reverence orients you into the realm of cognitive feeling — the kinds of feelings that stand in opposition to self-feeling, for example, love, interest, compassion, empathy, curiosity, wonder, devotion, joy, and peace.

It builds a foundation for having an experience of cognitive feeling so you know what you're aiming for, what you are cultivating in your feeling life that gives you a clear differentiator between the more egoic style feelings, which we call self-feeling, and cognitive style feelings.

Imagine feeling reverence for life, for others, for nature. Not a reverence that is easily attained with feelings of sentimentality, but we are seeking a deeper, life changing kind of feeling. Reverence, if practiced regularly, can have the effect of transforming your inner landscape toward one that enables you to truly serve something that is higher than you.

It brings ideals and values into a practical reality in your life. It makes you stronger, more centered. Life becomes more meaningful and purposeful when you are living for something greater than yourself. Purpose and meaning are the antidotes to a great many ailments of the mind and soul.

But you must be able to tell the difference between a sentimental self-feeling exercise and the true thing. For that, you must engage in a practice that can help you tell the difference.

Reverence helps reveal to you your own motives. This is all important in the work of self-healing, because without reverence as a practice, you will have a much harder time staying grounded in your truth. Why is this?

Reverence brings a quality of humbleness and fearlessness in the face of truth because you cannot hide behind pride, disdain, and avoidance when your heart is singing with reverence. It gives you the nourishment you need to face your inner truth without the risk of being annihilated by shame and despair.

It helps stop the oscillation between vanity and pride (I'm so great! I'm so special!) and self-hatred (I'm a miserable worm) that so many people suffer in their search for the inner truth and healing: which is it, special or worm?!

Reverence turns you outward with your feelings, looking into the world through the eyes of love instead of doubt, fear, or hatred. When looking with the eyes of love, you see the world profoundly differently because the world can respond to you and show you things you cannot discern through eyes of doubt, fear and hatred.

This is hard to explain without actual experience. This is why the PRACTICE of reverence is necessary. Knowledge and concepts are inadequate in the face of the power of the experience of reverence and what it brings to life in you over time.

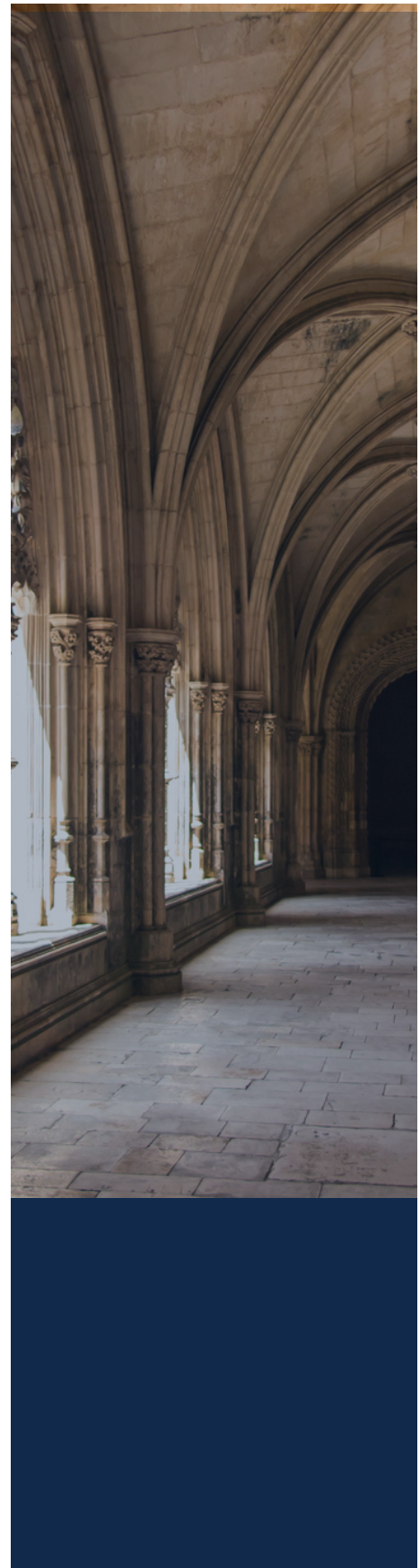
It has a way of helping you find a genuine humble orientation to the phenomena of the world and your place in it.

This is a priceless experience when we tend to oscillate between manic highs and terrible lows, or when we can't find an inner sense of our place in things — am I good or am I bad? Is what I create good enough or do I need to live in perpetual doubt? Reverence helps us to not take things so personally, giving us much needed objectivity and compassion — even and especially to ourselves.

In this compilation of contemplations, exercises, and suggestions, we walk you through practices for cultivating reverence for life. You can use some or all of them, and find a practice that fits right for you.

However, to do nothing should not be an option! Cultivating reverence is an essential practice in our time. It provides a strong center for all other practices and efforts undertaken in personal development work.

You do not need any intermediaries between you and what you revere. You need only the earnest desire to cultivate a higher, deeper, and wider appreciation and love for the profound that lies behind physical reality, and upon which we owe our very existence.



HOW DO WE PRACTICE REVERENCE?

There can be several components to practicing reverence — but be warned that reverence is not a feeling you may be able to easily call up in your soul whenever you wish.

It is very common to struggle to feel what you choose to feel, especially when you first begin. Modern life makes it very difficult to naturally experience cognitive style feelings such as reverence.

Therefore, you'll need to build two kinds of practices into your life:

1. Regularly attempting to **cultivate the feeling of reverence in you**
2. **Studying reverence with activities** such as reading sacred texts, immersing yourself in sacred art, or bathing in wild nature, and building those practices into your life. This is called soul nourishment. To cultivate cognitive style feelings within, you'll need a richer soil.

In this mini-course, we have created some special cards for you with suggestions and resources for where to find what you need to accomplish these two practices. They are our own favorites, tried and true for us. We hope they yield riches also for you.

***Next, please open the
Reverence Practice Cards.***

